

How To Be HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

ENCOURAGE THE CHILDREN TO SLEEP OUTDOORS

ON THE CARE OF HAIR AND SKIN

Hair Too Soft.

My hair is of a light shade, very oily and so soft that I cannot fix my hair in the least bit of a pompadour unless I rub it, which I do not like to do. I should like to have a formula to make it a little drier and coarser. How often and with what shall I shampoo? My hair is thin and short.

A CONSTANT READER.

I am giving you a good tonic for thin, oily hair. Shampoo once a month with pure castile soap and warm water, rinsing in several clear, cold waters. This will make your hair slightly coarser, so that it will be easier to arrange.

JABORANDI TONIC.

Quinine sulphur.....20 grains
Tincture of cantharides.....1 ounce
Fluid extract of jaborandi.....2 fluid drams
Alcohol.....2 fluid ounces
Glycerine.....2 ounces
Rosewater.....16 fluid ounces
The quinine should be dissolved in the alcohol liquids by warming slightly, then the other ingredients added and the whole filtered. Rub into the roots of the hair every night.

Excessive Superfluous Hair.

I was told by a friend that olive oil was good for the skin; I have been trying it and find it has a very softening effect.

Now, can you tell me if there will be an ill effect from continuous use, and whether the face should be washed before the oil is applied? Just how can I use it to the best advantage? From the time I was seventeen I have been troubled with superfluous hair on the chin. The hair is very thick, and I am ashamed of it. It is not caused by age, for I am a young woman. I cannot afford the electric treatment. I bought and tried one so-called hair remover, and it burned my chin, and when the hairs returned it was with renewed vigor. I was disgusted and discouraged. I think it will take some powerful remedy to eradicate them, as they are coarse and obstinate.

MRS. H. H. C.

From your letter I suppose that you have been using the olive oil as a face cream or skin food. It is very good for the purposes, although this is an unusual way to apply it. Wash the face before using, as with any skin food, nothing but electricity or the X-ray treatment will cure it permanently. As you say you cannot afford that, you will have to use a depilatory, renewing the treatment whenever the hair reappears. Any one of those I am giving you is excellent.

GOOD DEPILEDIATORIES.

Sulphide of soda.....100 grains
Slaked lime.....50 grains
Starch.....10 grains
Lime water.....4 fl. drs.
Barium sulphide is also used as a paste for depilatories. The standard formula is:
Barium sulphide.....50 grains
Chalk, powdered.....50 grains
Mix with water. The barium sulphide must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be added to make a thin paste. Sulphide of strontium makes also an efficient depilatory. It is made as follows:
Sulphide of strontium.....2 drams
Oxide of zinc.....2 drams
Starch, powdered.....2 drams

Hair and Facial Troubles.

My hair has been falling for some time. New hairs have come, but it is still falling a little. There is light dandruff. Is there anything to be done for this? Please give me something to make the hair and scalp, and something to make the face and neck, and at the corners of my eyes firm. When I laugh tiny wrinkles appear there. Please give me also something for enlarged pores.

M. J. F.

FOR FALLING HAIR.

Cologne.....8 ounces
Tincture of cantharides.....1 ounce
Oil of English lavender.....15 drams
Oil of rosemary.....15 drams
Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week. To fatten your face and neck, massage with a good skin food, such as the one I am giving you. For fresh around the eyes and beneath the eyes, massage with alcohol, using gentle motions than on the other portions of the face.

For the enlarged pores apply the lotion recommended to Mrs. F. H. T.

ORANGE-FLOWER CREAM.

(A Skin Food.)
Oil of sweet almonds.....4 ounces
White wax.....5 drams
Spermaceti.....5 drams
Stearine.....5 drams
Glycerine.....2 drams
Orange-flower water.....15 ounces
Oil of neroli.....15 drops
Oil of bergamot (orange skin) 15 drops
Oil of petit grain.....15 drops
Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the wax in the mixture; then pour it slowly into the blended fats, stirring continuously.

How to Use a Cream.

Please tell me when to use cream of sweet oranges, and when to use cream of sweet oranges and cream of sweet oranges the same?

CARTERS.

Apply the cream with massage night and morning, after washing the face first with hot and then with cold water. If you wish, you may apply it also before going out, using a good face powder afterward.

Cream of sweet oranges is not the same as orange-flower cream. The prescription for the former is as follows:

CREAM OF SWEET ORANGES.

Sweet oil of almonds.....2 ounces
Orange flower water.....2 ounces
White wax.....2 drams
Oil of sweet orange.....1 dram
Spermaceti.....2 drams
Half fill the saucepan with boiling water. Stand a jam jar in this. Shred the wax and spermaceti into the jar. Let it dissolve. Heat almond oil and add to the wax. Heat orange-flower water and add to the mixture. Stir the mixture quickly. Lift the jar out of the saucepan. Beat mixture with the whisk. Heat and add oil of sweet orange. Whisk cream until it is cold. Put in pots and cover with parchment.

Out of Doors Bed Protected From Drafts

Eighteen months old. He is a fat, strong and healthy boy, but one of his legs (the left) turns in a little, and both of them seem weak from the knees down.

"He falls considerably when walking. If you know of any device that would aid him, will you kindly let me know?"

W. K. W.

"Your baby's legs could be straightened and strengthened by proper massaging of the muscles. I advise you to consult a specialist, who could instruct you as to the movements required."

When my daughter was born her right arm hung useless. Nothing but skin covering the bones. Of course, we supposed it would always be useless. A friend advised bathing it every day with brassy and salt. She came every day and took care of it, and in a short time we saw good results. Soon the flesh grew and strength came to it, so that it was as good as the other.

I shall never forget the virtue of brassy and salt. I do not know how much salt to put in, as I never had charge of it, and the friend who bathed and worked over the arm is dead.

Please let the mother know of it. I know of another case in my family, where a child of three years could not use its legs. The mother was advised to take the fins, tail, and skin of a codfish and bathe the limbs. She followed the advice, with good results.

Mrs. E. L. C.

Blackheads and Enlarged Pores.

What do you think it best to do for my face? It is full of little holes about the size of a small pinhead, but not deep, and I have blackheads on the nose and chin. My lips are very pale. I would like to have something to whiten the skin, as mine is rather dark looking. I am a young mother, twenty-three years old. Mrs. F. H. T.

Your skin is altogether in a very poor condition. What you need most of all is to build up your health, and then your facial troubles will right themselves. Take one of the many good organic iron preparations regularly. Take also every morning before breakfast one tablespoonful of plain phosphate of soda in a cup of hot water. I am giving you formulas for blackheads and enlarged pores. The darkness of your skin and your pale lips are due to general ill health.

BLACKHEADS OF THE SKIN.

Boric acid.....2 drams
Alcohol.....2 ounces
Rosewater.....2 ounces
Use with caution twice a day on the skin affected.

LOTION FOR ENLARGED PORES.

Boric acid.....1 dram
Distilled witch hazel.....4 ounces
Apply with a piece of old linen or a bit of absorbent cotton.

Dark Skin and Red Nose.

What is a cure for dark skin? My skin is a light brown and it is not from sunburn. Would you please tell me a cure for it, and also a cure for red nose? I am not a drinking man. Soon as I go out my nose gets red.

GEORGE M.

I cannot advise you about your nose until I know more of your case. Is it due to overeating, too tight clothing, too dry and delicate skin? Write me further and I will tell you what to do. As to your complexion, take phosphate of soda in hot water. The color of your skin may be due to liver trouble, and if you suspect this, you would better consult a physician.

Blackheads and Pimples.

Will you please tell me what to do or use? My nose seems very oily, and sometimes there are a few blackheads underneath the skin. I should also like something for pimples. I get them on the forehead, nose and chin. A. D. L.

BLACKHEAD AND PIMPLE CREAM.

Petrolatum.....1 ounce
Lanolin (anhydrous).....1 ounce (av.)
Oxide of hydrogen.....1 fluid ounce
Acetic acid.....1 fluid dram

This is the letter you mention: By accident your page came to me, and when looking it over I read this piece, which I inclose:

"BABY'S LEGS WEAK."

"Being a steady reader, I thought I would write you for some possible information. I have a little baby boy



A Cushion Makes The Rustic Seat Ideal

remarkable when one considers the multitude of things which the box holds. In addition to his bedding, there are always books, a store of apples, bowls, robes and souvenirs, pillows, extra clothing—all the appurtenances of the camper he loves to imagine himself—and the inside of the tent is lined with the old and ends with which boys share an ideal little log cabin near "the big house." It has, of course, only one room, and is pretty as it is, healthful, and

ADVICE TO CORRESPONDENTS BY MRS. SYMES

Obstinate Freckles.

PLEASE send me the best lotion you have for obstinate freckles. I have never tried anything, but should like to do so.

F. H.

Since the freckles are obstinate it would be best to go to the root of the matter and use a strong bleach at once. The one I am giving you will not harm you, but be very careful in its use.

DR. SHOEMAKER'S BLEACH.

(For Freckles and Brown Spots.)
Bichloride of mercury.....10 grains
Witch hazel.....2 ounces
Astringent until a solution is obtained. Moop over the affected parts. Keep out of the way of ignorant persons and children.

Reducing the Weight.

I am a young girl of just sixteen, and weigh 140 pounds. Would you please give me some advice to reduce my flesh? I am strong and can exercise, diet, or anything you think best for me to do.

EMMA K. (a country girl.)

If you are very tall you are not too stout, though I suppose your weight must be noticeably great or you would not complain of it. Follow carefully the rules I am giving you and in time you will attain the desired end.

RULES FOR THE REDUCTION OF FLESH.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of using butter. Milk I regret to say, if it is pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise. If you cannot walk at least five miles

a day and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is, in reducing flesh, the one fact to recollect is that fat is carbon; oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise, the more oxygen, and consequent destruction of fat by the one healthful method of eating obesity.

The more starch and sugar you eat, the more carbon to burn away.

To Broaden the Shoulders.

I am eighteen years of age and am very tall. I am strong and healthy, and am becoming stout in proportion. The body is very thin, and I am that I am rather narrow-shouldered, and I should like you to help me to make them broad. I suppose exercise would do this, but I don't know what kind to take. M. A. R.

The exercise I am giving you is extremely good for just this purpose.

Stand with the arms relaxed at the sides, and then, holding them perfectly stiff, raise them slowly and gradually to a vertical position, using all your energy, as if pushing against some tangible object. At first, three or four times will be due to the time when you can attain a point where twenty or twenty-five times will cause only moderate fatigue. A few months of systematic pursuit of this exercise will work wonders.

Kindly tell me about Dr. Vaucaire's bust developer. Does it always enlarge the bust when taken, and is it harmless? What is its price, and how much is needed to secure results? If it is a prescription to be filled, please prescribe it and enclose the price for one filling.

I know there is an internal treatment which does accomplish the desired results, but I have never been able to find out what it was. I have been told I need the internal treatment to be on the glands.

P. B. P.

Dr. Vaucaire's remedy is a liquid medicine, to be taken internally. It is probably just what you need, as it is harmless and very efficacious. I cannot give the price, as it varies according to the locality; nor the amount you will need to accomplish the desired result, as this, too, varies according to the constitution of the patient. The formula is as follows:

DR. VAUCAIRE'S REMEDY FOR THE BUST.

Liquid extract of Galega (goats-rue).....10 grams
Lactophosphate of lime.....10 grams
Tincture of fenel.....10 grams
Simple syrup.....400 grams

The dose is two spoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

Letter Repeated by Request.

Would you please publish again an article that I have seen it must be about three months ago, how a mother treated her child who could not use both feet after doctors had given her no hope of the child walking again?

Have a daughter three years old who took sick just a day and a half; the doctors call it infantile paralysis. It affected right leg and left arm. She walked right up to the time when she took sick, about three weeks ago.

ANXIOUS MOTHER.

This is the letter you mention: By accident your page came to me, and when looking it over I read this piece, which I inclose:

"BABY'S LEGS WEAK."

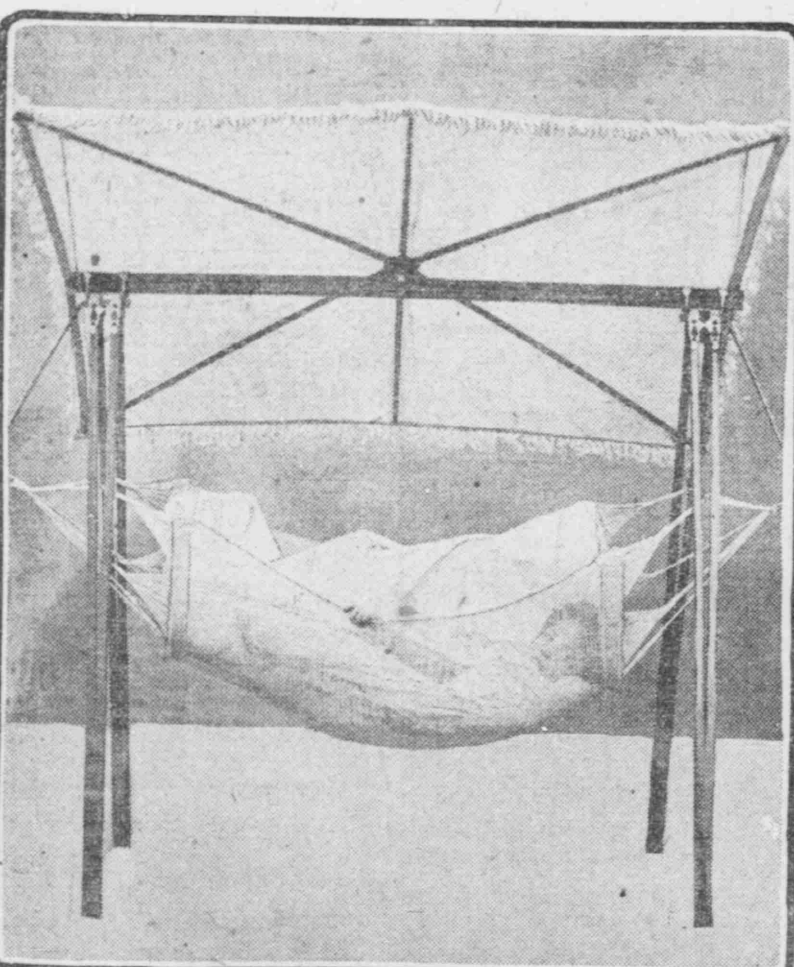
"Being a steady reader, I thought I would write you for some possible information. I have a little baby boy

A Morris Chair is Good For a Siesta.

OUTDOOR sleeping has grown in favor with recent years. Time was when it was limited to consumptives and faddists, but nowadays everyone advocates the practice more or less. Especially is it to be recommended for children, as tending to increase their strength and improve their health, fitting them, in fact, for the battle of life in a manner which no system of favors and pampering could ever do.

This does not at all mean that the method is to be a rigorous one. Above all, the child should be warmly and comfortably wrapped and protected from draughts of all sorts. In the first place, this open-air slumber is primarily intended for daytime naps, and should not become the regular nightly practice until the whole household is accustomed to it. As to the sleeping couch, it may be either a sofa on the porch, a cot, furnished as hereafter described; a swinging hammock, or even a large armchair. Whatever piece of furniture may be chosen, should be well provided with pillows and with a warm shawl, quilt or steamer rug. Even in summer this is necessary after sunset or on cool days, as the little body becomes easily chilled when inactive.

The cot should be spread, as shown in the illustration, with a mattress of some colored goods—cotton or chintz—and a small pillow to match. Then around three sides, excepting only that which is protected by the wall or some other



One of the New Canopied Hammocks

object, a stiffly quilted, very thin mattress should be placed in such a manner as to effectively shut out the wind. Usually, with this protection, no other cover is necessary, extra warmth of apparel making up for any unlooked-for fall in temperature.

Indeed, this should be the rule in almost every case, winter or summer, for this outdoor sleeping is advocated for all the year round. The youngster should, in cool or cold weather, wear, in addition to his ordinary clothing, a long coat, mittens, a cap, and even, if necessary, leggings or a muffler. This, of course, is for very cold or snowy weather. In the spring, summer and early autumn usually no extra garments are needed.

Do not be daunted by the word "snow." An umbrella will protect him from all harm and give him the clear, pure air to breathe. The same is true of rain, though in anything more than a shower it is well to take the child into the house, as you would certainly not keep him out in anything approaching a blizzard!

The open air is best taken in the

early afternoon, before the child is dressed for the evening. There will be no danger of his not enjoying it, for the youngster never existed who would not rather be "out" than "in," or if he did, he was one who had never known the delights of—I was about to say country life, but that is by no means necessary. If you do not live even in the suburbs, the back porch or the back yard is just as pleasant and just as beneficial as the lawn or the forest. The surroundings may not be quite so entrancing, but when one is asleep that will make no difference, and the air is quite as pure and refreshing.

Where the whole family are advocates of the new system, or rather place of slumber, no special rule need be given for the youngster, members than that they should be clad more warmly than the others, as they catch cold more easily, and with worse results. Over the cotton flannel pajamas should be worn an overcoat or heavy shawl, and the coverings of the bed should be light, but not insufficient.

Where the child is delicate, or for some reason the mother does not care to let him sleep actually in the open air, he may be given the advantages of the system without its inconveniences by letting him sleep just in the open doorway of a barn or outbuilding, on a porch, or in a sun parlor, whose doors have been thrown wide open. Sometimes when the child has outgrown the days of the crib or baby carriage, a makeshift must be prepared for his sleeping couch. All sorts of furniture may then be called into service. A large clothes basket, a pile of rugs on the floor, even—and these are actual examples—of an after-dinner wash tub may be utilized, though few